

APPENDIX D

MEASUREMENTS

Section I. COMMON MEASUREMENTS USED IN FOOD PREPARATION

D-1. Volume Measurements

1 pinch	=	1/16 teaspoon
3 teaspoons	=	1 tablespoon
16 tablespoons	=	1 cup
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck
4 pecks	=	1 bushel
8 fluid ounces	=	1 cup
16 fluid ounces	=	1 pint
1 milliliter	=	1 cubic centimeter
1 liter	=	1000 milliliters
1 liter	=	34 fluid ounces

D-2. Weight Measurements

16 ounces	=	1 pound
1 gram	=	1000 milligrams
1 ounce	=	28.35 grams
1 pound	=	454 grams
1 kilogram	=	2.2 pounds
1 kilogram	=	1000 grams

Section II. EQUIVALENT MEASURES OF COMMON EQUIPMENT USED IN FOOD SERVICE

D-3. Can Portions

<u>Can Size</u>		<u>Cups</u>
6 ounce	=	3/4
8 ounce	=	1
No. 1	=	1 1/4
No. 300	=	1 3/4
No. 303	=	2
No. 2	=	2 1/2
No. 2 1/2	=	3 1/2
No. 3 cylinder	=	5 3/4
No. 10	=	12

D-4. Using Smaller Cans to Equal No. 10 Can Size

<u>Can Size</u>	<u>Number of Cans to Approximate One No. 10 Can</u>
No. 303	7
No. 2	5
No. 2 1/2	4
No. 3 cylinder	2

D-5. Scoop Portions

<u>Scoop Number</u>	<u>Level Measure</u>
6	2/3 cup
8	1/2 cup
10	2/3 cup
12	1/3 cup
16	1/4 cup
20	3 1/5 tablespoons
24	2 2/3 tablespoons
30	2 1/5 tablespoons
40	1 3/5 tablespoons

NOTE

Scoopers are also referred to as "dippers."

D-6. Standard Serving Line Pan Sizes (Including Flanges)

<u>Pan Size</u>	<u>Measurement</u>
Full Size	12 3/4" x 20 3/4"
Two Thirds Size	13 3/4" x 12 3/4"
Half Size (short)	12 3/4" x 10 3/8"
Half Size (long)	20 3/4" x 6 3/8"
Third Size	12 3/4" x 6 7/8"
Quarter Size	10 3/8" x 6 3/8"
Sixth Size	6 7/8" x 6 1/4"
Ninth Size	6 3/4" x 4 1/4"

D-7. Pan Capacities (Usable Fluid Ounces)

<u>Pan Depth</u>	<u>Full Size</u>	<u>2/3 Size</u>	<u>1/2 Size</u>	<u>1/3 Size</u>	<u>1/4 Size</u>	<u>1/6 Size</u>	<u>1/9 Size</u>
2 1/2"	240	216	136	96	80	44	20
4"	464	320	208	140	108	64	40
6"	704	464	352	212	152	90	
8"	992		460				

" = inch(es).

NOTE

To determine the number of portions, divide total volume of pan by the number of ounces in the intended portion.